

ADOPTION OF RECOMMENDED EATING BEHAVIORS

Abstract

DISSERTATION: Adoption of Recommended Eating Behaviors Following Bariatric

Surgery: Predicting Group Membership

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The current research was conducted to determine if some social cognitive and psychosocial variables (e.g., maintenance self-efficacy, action planning, & depression) would accurately classify bariatric patients into one of three groups—maintenance, relapse, or recovery—related to adherence to post-surgical nutrition recommendations. One hundred sixty one female bariatric patients aged 18 years or older who had undergone surgery at least six months prior to participation were recruited for this study. Participants completed instruments that assessed social cognitive variables, psychosocial variables, and current nutrition behaviors. In general, it was hypothesized that the combination of the social cognitive and psychosocial variables would predict membership in one of the three groups. Each of the three discriminant analyses performed to test the hypotheses yielded a significant first function. The second function of the first analysis was also significant. The findings of the current study suggested that the social cognitive (54%) and psychosocial (57%) variables as well as a combination of the social cognitive and psychosocial variables (59%) were able to predict a patient's group membership at a rate better than chance. The findings, therefore, revealed that it was possible to predict group membership in terms of adherence to post-surgical nutrition

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recommendations at a rate better than chance. This study represented a first step toward identifying bariatric patients who were at-risk for non-adherence to nutrition recommendations, which researchers have argued is responsible for poor outcomes after bariatric surgery. Implications and recommendations for future research are discussed.